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Goddard Space Flight Center

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# ANNOUNCEMENT

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## SUBJECT: SKIN CANCER SCREENING

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Exposure to the sun can increase your risk of skin cancer. Skin cancer is the most common type of cancer and responsible for one half of all new cancers. Skin cancer is more common in people with light colored skin who have spent a lot of time in the sunlight. Skin cancer can occur anywhere on your body. Early detection improves survival rates. Get to know your skin and perform self-exams regularly.

**Prevention:** Use broad-spectrum sunscreen (covering UVA and UVB rays) with a sun protection factor (SPF) of 15 or greater. Be generous. Sunscreen is still needed on overcast days. Cover up with clothing. Do not use sunlamps or tanning booths. Don't forget that UV rays reflect off water, sand, snow, and any light colored surface, like concrete. Children should be protected from the sun.

The Health Unit will be offering skin cancer screenings by a certified Dermatologist, Dr. Lynn Mc Kinley-Grant. Interested civil service employees should call the Health Unit at x6-6666 to schedule an appointment.

**Dates:** June 24, July 8, July 29, and September 9, 2004.

  
Teresa Spagnuolo  
Chief, Safety & Environmental Division

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